



The Chain of Concern

July/August 2006

The Maine National Guard Family Program Newsletter



This publication and any events/special offers in it are for ALL Military families. Being involved **now** makes a deployment later much easier. Being involved now, helps to support others who may be facing deployment.

Family Assistance Center Phone Number

1-888-FMLY-CTR (1-888-365-9287)

www.me.ngb.army.mil/family Email: mefacpublic@me.ngb.army.mil

Deployment Makes You Do Lots of Things, Some you Will Never Forget or Regret!

2LT Jessica Campbell planned to participate in the 180 mile, 3 day Trek Across Maine for the American Lung Association in June. She was riding in memory of her late Grandmother and Grandfather who had lost their lives during the battle against lung cancer. This was something that was very dear to Jessica's heart. However, like many of our soldier's plans, they were set aside to deploy with the 240th Engr Group to Afganishtan. Prior to leaving, Jess asked her mother, Carol Campbell if she would ride in her place. Carol is 46 years old. She had always thought that when she turned 50 she would make the trek. With the situation being what it was, Carol set out to honor her daughter's wishes. She began training in February, attending spinning classes 5-6 times a week and working out 2-3 times a week. Jess's friend Justin trained with Carol and rode the 3 day long trek with her. An added bonus to being ready for the ride, she lost 30 pounds in her endeavor! She rode her bike to work each day and built herself up to riding almost the same amount she would ride in the race each day. Her husband, family and friends from the gym were all very supportive. Her husband did most of the riding with her during the days of training. When asked what the hardest part of the trek was, she mentioned some of the hills but especially the hill in Weld that seemed to never end. She also said it was sometimes very difficult to get back on the bike after being sore. A quote from Carol, "At one point the pin of Jess that I had on my Camel Pack fell off and went rolling down the road behind me. I knew I wasn't going any further without her so I went back to get it. Another Trekker found it and asked about her. I shared my story of why I was there. I had a few tear filled moments and then got back on the bike and continued on." Carol talks about the trek with great pride in her voice. She accomplished something that many have never attempted. I asked her what the best part of the trek was and she replied, "The best part was seeing my mom, my husband, daughters and son in law and my flat soldier, Jess at the finish line. It was really emotional. To know that I had completed the Trek, all 180 miles of it and finished an important job for Jess was pretty over whelming.

We are all very proud of the accomplishment of one great lady, Carol Campbell.



Staying Connected Over the Miles---- Congratulations to Taylor Cyr

SGT Scott Cyr who is currently deployed with the 240th Engineer Group forwarded this email from his daughter. We could feel the excitement, pride and love in his words and asked if we could share as a beautiful example of what a young person can do to give their deployed parent a smile.

"Hey dad i had a great last day but i cried because i loved mr.bouchard and i want him as a teacher again, but I got Mrs. Monica Cyr for a teacher next and she is the best teacher. Grades: Math:99, Reading:98, Science:99, Social Studies:98, English:99 I got pretty awesome grades i dont know what mom sent you its probably the MEA's. I got 100 on my fort kent project take care and the little monkey loves you too. I'm sure her mom, Pam was very excited too!"



Congratulations Logan Cousins

Logan was recently crowned Miss Limestone 2006. She sang "God Bless the USA" and was wearing a beautiful gown with red and white stripes and blue stars on it. She had her flat daddy, CPT Kent Cousins, Commander of

SECFOR II, on stage beside her for support and mom Patty in the audience cheering her on. She was escorted by SSG Nathan Beaver in her dad's absence. Thanks CPT Cousin's for the input – we are all proud!

From the Desk of the State Family Program Director

This issue of our newsletter comes with a time of sadness for the loss of a great leader and friend to many, CPT Pat Damon who died in Afghanistan this past week. Our deepest condolences go out to his wife Hildi, his children Mikayla and Jan-Christian along with his entire family. Our thoughts and prayers are with you all during this difficult time.

The mission of the Family Program is to support ALL military families throughout Maine. On June 8th, we saw another unit, the 399th Combat Support Hospital, leave the Great State of Maine. It never seems to get easier, even for us. We were proud to have the opportunity to wish the soldiers a safe and success mission and would like to remind the families that the Family Assistance Center is here for them. We are all in this together!

It is so very important to keep families connected. Please, don't wait until deployment to get to know other military families. Deployed families, keep connected to other military families for support and connection. You don't have to go to every support group meeting or event, but find someone who you can share your hopes and fears with. For those who are not facing deployment or reunion right now, reach out to those who are. Many have done or will do it for you – it's your time to help someone in need.

There are many activities over the summer months. Family days, Youth Camps, Marriage Retreats. Take advantage of these events – there are some great things going on. We would love to meet you. Any of the events that we publish are open to any military family member, regardless of branch or unit. Together we can achieve and succeed.

A new group has begun at the Augusta Armory – Quilters. I thought, "no way... I can't stitch." But I can and it is fun! The group, led by a very neat lady named Leila met twice and we have begun four quilts and finished one. Each one is going to a special soldier (I can't let the cat out of the bag just yet), and my new term for the week is "stitch in a ditch." Several ladies and even a few guys help us – it's really a good time! Our first meeting had a special visitor, Mrs. Baldacci came and helped make a quilt for a reservist who will remain nameless at this time. It is open to ANYONE – you don't have to even know a soldier, but be willing to help. Leila will be scheduling more Quilting parties over the next two months, so watch the website for dates and time. You can also email her if you want more information: hadco1@msn.com

Have a Great Summer, SFC Barbara Claudel "Don't do Whatever you like, Like whatever you Do"

National Guard Bureau Family Program & Chaplin Services'

Marriage Enrichment Seminar



Where: Doubletree Hotel, Portland

When: September 22-24 Friday is a travel day, Saturday class is conducted from 8:30 a.m. – 4:30 p.m., Sunday class will be conducted from 8:30 a.m. – 1:00 p.m.

Who: Any military couple. First priority will be given to couples who have experienced the challenge of deployment since 9/11

Cost: FREE – spouses will be placed on an invitational travel order and will be reimbursed for mileage, hotel and food. Military members will not receive pay and allowances unless their unit has funding available.

Sign up today by emailing Lori.m.jones@us.army.mil or calling 430-2005 by August 10th. You will need to give the names of the soldier and spouse, social security of spouse for invitational travel orders, address and phone number. You will need to register at the hotel once you get confirmation you have been registered with us. Lori will provide you with the information you will need to book your room at the hotel and any other valuable information.

What You'll Learn

Enjoying the good times: More than "Don't Worry, Be happy," learn the secrets of keeping busy lifestyles from crowding-out the fun in your relationship.

Viva La Difference! Gain fresh insight into why men and women see life so differently. You'll leave with a whole new appreciation for who you are and whom you love.

Danger Signs: Learn the danger signs that can lead to marital discord and can eventually breakdown relationships. Discover how to express your concerns constructively and how to examine hidden issues and expectations that can build quickly in a marriage.

What is PREP? PREP is an educational program designed to help partners communicate and build a stronger connection to each other. It is a research-based approach to helping couples prevent divorce and preserve a lasting love. Developing and keeping open communication lines is key to maintaining a successful marriage especially after experiencing long separations associated with deployment.

Family Assistance Center (FAC) 1-888-365-9287

Answered live from 8am to 8pm Monday through Friday, Call from 8 pm to 8am Monday through Friday and from 8pm Friday evening to 8am Monday morning will hear a voice message directing the caller to the number of the FAC Specialist who is on call.

IMPORTANT: When calling the FAC Hotline after hours, especially if there is an emergency, please listen to the message and call the number given. Don't forget to check out our website at: www.me.ngb.army.mil/family for information, events and offers.

IMPORTANT NOTICE FOR DEPLOYED FAMILIES: If you are going away for vacation, call or email the FAC with the address and phone number of where you will staying. This will allow us to reach out to you should there be a need.

Child Care For Military Families

NACCRRA is working with DOD to help those who serve in the military find and afford child care that suits their unique needs. Through several innovative civilian/military efforts among DOD, NACCRRA & Child Care Resource & Referral agencies, we are building the quality and capacity of child care throughout the country.

Military Child Care in your Neighborhood: For National Guard and Reserve service members living in geographically dispersed areas where on-base military child care is not available. Active Guard and Reserve (AGR) personnel, Recruiting Specialists, ROTC instructors, Military Entrance Processing personnel and service members on independent duty assignments, Federal technicians are eligible for assistance.

Operation Military Child Care: For Children of activated National Guard and Reserves, activated or deployed in the Global War on Terror. A subsidy for licensed child care that is based on total family income and child care expenses. All income levels and ranks are eligible.

Operation: Child Care: For families of service members participating in Operation Enduring Freedom and Operation Iraqi Freedom. Child Care providers have volunteered a minimum of 4 hours of free service for service members home on R&R.

To apply for any of these great services, families & service members can call

1-800-424-2246 ext 341 or <http://www.ChildCareAware.org>

If you have any questions on how to apply or you need help with filling out the application to receive assistance, please do not hesitate to give me a call anytime. Rick Back at 626-4384.

Casualty Assistance Information

Information on casualty assistance can be found at www.me.ngb.army.mil/casualty There is regulatory guidance and an informationf fact sheet along with point of contact for further questions available.

Southern Maine Teen Council

As we enter into the awesome Whitewater Rafting and Summer Camp season, the Southern Maine Teen Council is looking for a few motivated teens to help out with building upon the friendships gained at these events. If you live in the Southern Maine area (Lewiston to Kittery) and would like an opportunity to be more involved, give J Adam Knoblach or Rick Bach a shout. We are always looking for new ideas for fun things to do, and will welcome some new teens to help run some exciting events. One thing on the horizon is a fall harvest trip with a Halloween party and scavenger hunt. Have any ideas??? Let us know. See you at Bog Brook in a few weeks! Then we can start planning some fun fall activities.

J Adam Knoblach, 777-3625, article8@aol.com

Hart-to-Hart Farm Day Camp in Albion

Alder Foods Inc. has provided 6 scholarships to any military family ages 7-13 to attend Hart-to-Hart Farm Day Camp in Albion, Maine. Hart-to-Hart Farm Day Camp offers campers a rich summer experience exploring the farm's animals, gardens and fields while learning how they weave together to create a healthy farm cycle. Each day campers build a stronger connection to the farm, the origins of their food and clothing, and the relationship to the environment the farm creates. Campers participate in farm chores, a variety of activities and games, and a special discovery time. The highlight of the program is that the campers adopt and care for their own farm animal during the week. The camp runs from 8:30am- 4:00 pm Monday through Friday. The available sessions are:

Down on the Farm II (July 31- August 4)

Art on the Farm (July 17-21)

Farm Extravaganza (July 7-11)

For more information, contact Linda Hartkopf @ 437-2441 or e-mail hhart@uninets.net

Adjusting to Civilian Life

Returning back from deployment is no small feat. Many have reported that returning is much harder than going. This holds true for the service members and for their families. Everyone heard briefings, but the reality is probably sinking in now for many returning families. Do not forget that 1) this is normal, and 2) there are several outstanding resources for you: 1) The Chaplain, 2) The Vet Centers 3) Military One Source 4) The VA 5) Financial Advisors , Etc....

If you need help and do not know where to turn, call the Family Assistance Center. It's confidential, and the staff will help you connect to one of the services above or other agencies.

Flat Soldier Takes the Lobster!

Families have had a lot of fun with their flat soldiers, taking them to wedding, graduations, ice skating and yes, even to see the Pope. Our winner this month of the most creative flat daddy pose goes to Kay Judkins, proud wife of "Slim Jim" alias SSG James Judkins. Kay will receive a dinner for 1 ½ to a restaurant in the Presque Isle Area. Keep sending in those photos!

If you did not receive a Flat Soldier and would like one, email a digital photo to

Barbara.Claudel@us.army.mil.

A BIG thank you to Rob Palmer for continuing to support our Flat Soldier Project... the smiles are endless.



Check out these military deals for you!

Military Family Day at Six Flags New England

* All day admission to Six Flags and Hurricane Harbor (value \$49.99). *Free parking (value \$15.00 car). All you can eat catered meal served in private pavilion (Value - \$15.00-\$20.00). *Use of basketball, volleyball, corporate pool playground. * Available cash bar in grove. \$34.50 per person (Children under 36" are free)

For more details and to reserve your tickets:

Hannah McCarthy 207-921-2113

Or email: hannah.mccarthy@navy.mil

Downeast Arts & Framing

Downeast Arts & Framing located in the Maine Mall, South Portland offers discounts to active duty, reservists and retired personnel and their spouses. During the month of July they are offering discounts of 33% on all custom framing and 5% off pre-framed art and prints. An ID card is required.

Sugarloaf USA

Sugarloaf USA is offering 2 for 1 green fees and discounts on food, lodging and massages to all active duty, reserve, retired, dependents and DOD employees. Call 1-800-The-Loaf and mention code MMILT for details.

Shades of Green: www.shadesofgreen.org for vacation packages

Augusta Car Care, Western Ave, Augusta

In appreciation to the services provided by the members of the Maine National Guard who are now serving in Iraq and Afghanistan we are pleased to announce a free service to their spouse while they are deployed in Iraq.

During the term of their service in Iraq and Afghanistan, we will provide a free oil change and lubrication service on the vehicle their spouse is using while they are away.

This is to be a specified vehicle and the service will be performed every 4000 miles at our place of business. Should that vehicle be traded or lost due to accident we will perform the same services on a replacement vehicle. This service will be continued until the service member returns home from duty in Iraq or Afghanistan.

To any unmarried service member with children here at home we will extend the same service to the principal person looking after those children (parent, relative, neighbor, etc)

The procedure is simple. Simply come in and identify the person in Iraq or Afghanistan, identify yourself and the vehicle to be serviced – that's all! Ask for Dan, John, Steve or Bob Brooks and we will do the rest.

This is neither an advertisement nor a publicity program. It is our small way to show the men and women that we support what they are doing and wish them well while they are away.

Mark your calendar

There are events happening around the state sponsored by different units or groups. We are all in this together and everyone is welcome to attend whatever is convenient for you!



Augusta Area

Tuesday, July 4th – Augusta Parade There will be a float in the Augusta Parade entitled "Families are the Heart of the Maine National Guard". It will not be a specific unit, rather a collective project that will show the pride, courage and love for our Military Families in Maine. We are looking for ideas of how to decorate the float as well as military families of all ages to ride on the float. Anyone interested in helping, please call 1-800-581-9989 or email Barbara.Claudel@us.army.mil. If you would like to ride the float, show up in your patriotic attire at the Shaw's Parking lot of Western Ave at 10:00 a.m. Bring a bag of candy, water bottles, flat daddies, or whatever else you may have to share!

Saturday, July 8th - FREE golf clinic –Juniors: start at 9 – 10 am, adults start at 10:15-11:15. Your only cost is golf balls (\$4 for a small bucket of balls or \$6 for a large.) Spouses, children, stepchildren are welcome. There are only 10 hitting areas available in each hour. Contact Dan Emery at the Augusta Golf Park on Route 9 (Hospital Street) in Augusta, he can be reached at (207) 485-1983 or by e-mail at danielmemery@hotmail.com.

Thursday, July 20th – Heart to Heart Support Group 5:30 pm pot luck dinner and support group immediately following. This will be held at the Augusta Church of the Nazarene at 30 Nazarene Drive. This support group is open to all military families regardless of service or unit and child care will be provided for the event. Come join us to share in your experiences and support your fellow family members. If you need more information call the family program office at 626-4410.

Friday and Saturday, August 11th - 12th – Case Lot order pick-up date at the Augusta Armory

Thursday, August 17th – Heart to Heart Support Group – 5:30 pm pot luck dinner and support group immediately following. This will be held at the Augusta Church of the 30 Nazarene on 30 Nazarene Drive. This support group is open to all military families regardless of service or unit and child care will be provided for the event. Come join us to share in your experiences and support your fellow family members. If you need more information call the family program office at 626-4410.

Bangor Area

Saturday, July 15th – Flat Soldier Party – 10 am–12 noon at the AFRC. Send Meaghan.jones@us.army.mil a high definition digital picture of your soldier **no later than July 7th**. If you've already sent one to Barbara Claudel, let Meaghan know and we will try to find it. She will confirm with you that we have it. Please don't forget your foam board! We will provide the rest of the supplies you will need.

Saturday, July 15th – Family Support Group Meeting – 1 pm at the AFRC. If you have questions, please contact Meaghan Jones at 735-8475 or email at meaghanfawn@hotmail.com

Saturday, August 19th – Family Support Group Meeting – 1 pm at the AFRC. If you have questions, please contact Meaghan Jones at 735-8475 or email at meaghanfawn@hotmail.com

Calais Area

Monday, July 3rd - Float prep at the Armory, time yet to be set, Debbie will contact everyone at a later time.

Tuesday, July 4th – Parade come ride our float in the Eastport Parade, this year's theme is "Proud To Be American" and we are! I will be sending out information for the set up time, the parade starts at 2pm. There will be a picnic after, for more info contact Debbie at momprovencher@yahoo.com

Monday, July 10th – Family Support Group Meeting – Come join us for fellowship with snacks at 5:30 pm and a support group meeting beginning at 6 pm at the Calais Armory.

Sunday, July 23rd - Military Day at the Calais Recreation Pool, across from the Armory on Calais Ave. The time is 1-4:30 pm, we will have a potluck BBQ after at the Armory .

Saturday, August 5th - Indoor yard sale, tables for rent at \$10.00 each, we will plan more of this in detail at our July meeting.

Monday, August 7th – Family Support Group Meeting – Come join us for fellowship with snacks at 5:30 pm and a support group meeting beginning at 6 pm at the Calais Armory. Anyone who cares about a soldier, regardless

Saturday, August 12th – Parade Yes, another parade for our float to be in. Calais has its International Festival parade at 10:00am. For more information contact Debbie at momprovencher@yahoo.com

Caribou Area

Tuesday, July 4th - Trafton Lake, Limestone - Stunt Machine Band will be playing from 6 to 8 (just before the fireworks). Family Readiness Volunteers will be selling fund raiser items. Volunteers are asked to meet at Trafton at 4:30 p.m.

Houlton Area

Thursday, July 13th – Family Support Group Meeting & Craft– 6 pm at the Houlton Armory. Please bring a picture of your soldier with you for the craft and call Lori to let her know you will be attending so she can have enough supplies with her. Contact Lori Tash at mamat_85_87@yahoo.com or telephone 532-4879

Saturday, August 19th – Family Support Group Meeting – 6 pm at the Houlton Armory. If you have questions, please contact Lori tash at mamat_85_87@yahoo.com or telephone 532-4879.

Lewiston/Auburn Area

Saturday, August 12th – Family Meeting & Craft/Scrapbooking Night 6:30 pm - Lewiston Armory. Please call Priscilla Hebert at 966-2900 if you are interested in attending

Portland Area

Wednesday, July 12th - Heart to Heart Group Meeting – 6 - 8 pm at the Portland Armory – Call Linda Newbegin at 650-2796 if you are planning on attending. These support groups are open to anyone who cares about a soldier, regardless of service or unit. We encourage all to come together and share your experiences and support for one another.

Wednesday, August 9th - Heart to Heart Group Meeting – 6 - 8 pm at the Portland Armory – Call Linda Newbegin at 650-2796 if you are planning on attending. These support groups are open to anyone who cares about a soldier, regardless of service or unit. We encourage all to come together and share your experiences and support for one another

Presque Isle

Saturday, August 26th - Crown of Maine Balloon Festival - Please join us. BBQ from 5 to 7 and the band, Stunt Machine will be featured after the evening launch. The FRG is organizing this event and volunteers are needed.

* All activities listed above are open to any military families to attend. We encourage you to participate in the events that the units are holding. Get to know one another in your area. We're all in this together, so go out and make a new friend and have a good time!

Unit Spotlights

Recruiting & Retention

Kathy Cummings – Unit Volunteer Coordinator

I would like to take this opportunity to introduce myself. My name is Kathy Cummings and I am the Unit Volunteer Coordinator (UVC) for the Recruiting and Retention Command (RRC). I am very new at this but it will be my honor and pleasure to act as your UVC for the family program. I'll just tell you a little bit about myself...Not only am I new to this position, I am new to military life in general. In Nov. 2005 I married MSG Jeff Cummings from the Bangor office. We live in Hermon and have 4 children between us ranging from 13 to 8 years old, 2 girls, 2 boys! Yes, it is a **wild** ride at times but we are very blessed! Families are **SO** very important, and mine means the world to me.

I am in the process of obtaining all the information for the soldiers and their families and will be putting together a phone/email tree. So expect to hear from me more personally within the next month! If you have any questions or if there is anything you think I can help you with, please don't hesitate to contact me at cummingskj@yahoo.com. I will do my best to assist you.

Two of our soldiers from the RRC community are currently deployed with the SECFOR-II. SFC Bruce Roscoe (RRNCO) and SFC Scott Poulin (husband of SFC Bethanie Mazzaro – RRNCO).

Please check out the pictures of "flat daddy" SFC Scott Poulin and his children Joseph, age 2 and Savanna, age 7. SFC Poulin is deployed with the SECFOR-II.

Next month look for pictures of SFC Roscoe's "flat daddy" – as well as some wedding photos.



Security Force II Mission

1LT Stephen Spearin – Rear Detachment officer

Family Support Group meetings are currently being held all over the state, and I strongly encourage you to attend one in your area. I will make every attempt to attend each of the seven FSG meetings. These meetings are being held in Portland, Lewiston, Augusta, Bangor, Calais, and Houlton. In Northern Maine these meetings are being held on a rotating basis in Ft. Kent, Caribou, and Presque Isle. These meetings are open to all military friends and families, not just the friends and families with ties to the unit sponsoring the meeting. All military friends and family are encouraged to attend any meeting they desire. The dates, times, places, and information pertaining to the meetings are posted on the SECFOR II webpage hosted on the Family Assistance Center website. This page can be accessed by visiting <http://www.me.ngb.army.mil/Family/default.htm>.

This page also features pictures, newsletters, and information related to the SECFOR II Company. Be sure to refresh the page in your web browser periodically to ensure the information displayed is current. Please feel free to contact me if you have any questions or concerns. I will look forward to seeing you.

1LT Stephen D Spearin
A Co 1/121 FA
Rear Detachment Officer
Office: 207.735.1015
stephen.spearin@us.army.mil

Mailing address in Iraq

Soldier's Rank & Name
Alpha Company, 1-121st FA BN
Camp Navistar
APO AE 09317

Brunswick Naval Air Station has some great benefits that any military family can take advantage of. Trips, tickets, events are all open to you! Check out the Moosetracks, thier newsletter, which we post to the MENG Family website for your convenience. There are discounts on equipment rentals too. Check out the website: www.navylifenortheast.com for a full price list of items available.

240th Engineer Group Michelle Fate – Unit Volunteer Coordinator

Congratulations to SPC Joseph Emery and PFC Mathew McGee, they are the winners of our calling card drawing. Cindy Branscom won the Shaw's gift card – congratulations!

Thank you to Cindy Branscom and Carol Duehring for stepping forward and becoming Unit Volunteer Coordinators for the group! They have been very busy planning activities for our upcoming meetings; if you have any suggestions please do not hesitate to contact them. Their information is available on our website
http://www.me.ngb.army.mil/Family/Family_Pages/240th/default.htm

Anyone interested in helping to plan our August Family Day Picnic, please contact me for details at michelle.fate@gmail.com.

Currently there are two computers on hand looking for a new home. If you need a computer or would like an additional computer for the children, please contact me to make arrangements. There should be two more computers available shortly. **These computers are available to any military family.**

Reminders: The Augusta area Heart to Heart meetings will be held every third Thursday of the month at the Church of the Nazarene (30 Nazarene Drive, Augusta.) The meetings will start at 5:30 p.m. with a potluck dinner. The Family Readiness Group (FRG) meetings will be held every month at the Augusta Armory on the second Sunday. A meet and greet will begin at 1:30 p.m., with the meeting starting promptly at 2:00 p.m. **Everyone is welcome to attend both meetings.**

SGT Myers is the proud father of a son born 16 June at Mercy Hospital. Derek James Myers was born weighing 8 lbs 8 ounces and 21 1/2 inches long. Congratulations to Tim and Crystal for this wonderful new addition to their family.

Communication Tool: Did you know the 240th group has an internet communication board? The board is called the 240th Maine Homefire Keepers. If you are a direct family member or supporter of a member of the 240th group, you can contact Lori Scott who is an administrator for the board for the information to sign on. Her contact information is: scottranch@pivot.net or telephone: (207) 293-4447.

1/152nd Field Artillery Family Readiness Program

By: Lisa Nichols, Battalion Coordinator

MAJ Michael Pooler became the 1/152nd Field Artillery Battalion Commander at a Change of Command Ceremony held during Annual Training. The Family Readiness volunteers look forward to working with you.

Thank you, LTC McFarland, for the guidance and support you gave to the Family Readiness Program while you were the Battalion Commander. We appreciate your attendance at our quarterly meetings, input, and suggestions. Your involvement certainly played a key role in the success of the battalion's FRGs.

FRGs rely on volunteers to function. FRGs provide opportunities to make lasting friendships and mutually support each other before, during, and after separations. If you would like to become involved in your local FRG, please contact the Unit Volunteer Coordinator.

Fort Kent Armory
Caribou Armory
Presque Isle Armory

Houlton Armory
Calais Armory
Waterville Armory
Battalion Coordinator

Bert Michaud
Kristin Devoe
Sally King
Ruth Barnes
Lori Tash
Deb Hanson
Kristin Hickey
Lisa Nichols

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Have A Great Summer!

152nd Maintenance Company

Lynn Fortin – Unit Volunteer Coordinator

The 152nd Maintenance Company is going to be having their annual picnic (1st one since being home from Iraq) on Saturday, August 19, 2006 from 9:00 to 2:00. Also, the Freedom Salute will be on Sunday, August 20, 2006 at the Augusta Civic Center from 9:30 to 12:00. We look forward to seeing you there. A flyer has gone out to the families with all the details.

152 Families,

First, it's great to have everyone back at home again. Seeing the technicians on The Hill and everyone around town just feels GOOD. It can be, however, a rough time – and that's normal! I encourage you to call someone (the FAC, a friend, a relative, the chaplain, etc) if you have any concerns about yourself or a family member. And, if all else fails, my door is always open, and my phone number is below, though I'm certainly not a trained counselor!

Having now been on both sides of a deployment, I can tell you on good authority that it's just as hard – if not HARDER – stateside than overseas. And you all did wonderfully. I'd like to highlight the efforts of a few key individuals though. Since the complete list of thank yous would fill this entire newsletter, I'll keep this to a few superlatives, in no order:

- Punching Bag Award: **Linda Emonds** and **Lynn Fortin**, the official leaders of the 152 FSG, put in countless, thankless hours. So much of what went on this year would not have happened without them. Sorry I couldn't shield you from more beatings! (-:
- Unsung Hero: **Tammy Armstrong** and all of **VFW Post 877** bent over backwards in adopting the unit and making sure we had everything we needed. Whether she (and others like her) realized it, she really ended up supporting an entirely separate group. Everyone really develops their own support network, and people like Tammy make them work.
- Mrs. Claus: **Crystal Breton** was the spearhead in the Christmas stocking project and a main contributor for just about everything we did. Remember to thank her next time you see her if you liked anything in that box! (That was some good stuff...)
- Perfect Attendance: **Jane Dumas** was at everything and was always there first. Not only that, but she always brought something – snacks, materials, an enormous grill, or whatever we needed!
- Wanderer from Afar: **Sharon Rideout** hung strong through this whole trip as the Bangor FSG Gal. Though attendance waned, she stuck it out and at least got to see other people at the big get-togethers. (-:
- Superwoman: From planet 133, **Linda Newbegin** ran the Portland FSG, got the 4th of July bags together, became a key caller, and even met the buses with flowers when everyone came home. Yielding all of these superpowers, it's said she's vulnerable only to Kryptonite, but I bet she's immune...
- Golden Jock Strap: While he is known for his Olympic athletic prowess, **Kerry Birmingham and his Amazing FAC'ers** won this award for showing nothing but the best support for everyone throughout the year! While they're *technically* paid to do this, Kerry got no bonuses to attend baby showers after hours, seek the counsel of the CPT and 1SG directly, and counsel "struggling" soldiers when they did something stupid.
- Mom of the Year: **Barbara Claudel and the Fantastic FP'ers**, like Kerry's crew, have the insurmountable task of taking care of our families. But on top of assigned duties, they SET-UP that baby shower, answered all our crazy questions, entertained the kids at Youth Camp (and other events), and even brought snacks to the homecoming. Tell me THAT doesn't sound like the perfect mom!

Thank you as well to everyone I couldn't fit in here. Like I said, you've all done wonderfully. I look forward to seeing everyone at the family day on August 19th!

-Christopher Elgee

1LT Elgee is quick to thank everyone else, but really he did an amazing job here at home while the unit was gone. There were so many things he did that were not on his job description. He hosted baby showers, he took the UVCs to dinner when they needed a pick-me-up, he videoed the parade they were all in, he made videos for the families, he did most anything that was asked of him and often more! Thanks Chris, for all that you did for the families of the 152nd Maintenance Company....You are terrific! HOOAH!

DVEM

Attn: Family Program Office

State House Station #33

Augusta, ME 04333-0033



Comments or suggestions for upcoming newsletter features may be directed to:

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MILITARY ONE SOURCE

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